

Learn to Live a Healthy Lifestyle

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What is MyFitnessPal?

My Fitness Pal is an application that allows the user to input their personal fitness related information and health related goals. The app then analyzes their information and provides the user with the appropriate daily nutrition guidelines specific to them. The app includes a diary that allows the user to track their nutritional intake throughout the day, as well as their physical activity. The app also features an ongoing chart that visually graphs their progress.



Classroom Application

MyFitnessPal can be used in a Health classroom specifically to help students learn about nutritional needs and the amount of physical activity they should be performing everyday. The app can be used to allow the students to log what they eat and their physical activity everyday. The students can also set their own personal goals and use the app to view their progress over time.



More Benefits of MyFitnessPal

MyFitnessPal includes an easily accessible and user friendly recipe page which keeps track of each entry and minimizes future time when journaling dietary intake. This feature prevents students from having to enter the same foods that they've already entered previously. The app also keeps track of the students micro and macro nutrients throughout the day, such as: protein, carb, and lipid intakes and notifies the student when they've exceeded their personal maximum intake or when they need more of that specific nutrient.



There's More?!

One of the best features of MyFitnessPal is that it features forums which allows the user to access stories and posts from other MyFitnessPal users. These posts consist of types of challenges, physical and nutritional, as well as inspiring stories from people who have accomplished their goals with the help of MyFitnessPal. The design of this app is to encourage the user to compete against themselves rather than others, to promote self motivation and inspire personal growth. This app is also conveniently compatible with Fitbits and Apple iWatch.



SAMR

This app is considered Redefinition on the SAMR rating scale because of the following bullets:

- Provides accurate calculations for needed macro and micronutrients, and alerts the user when overconsumption occurs.
- Features a flexible food diary, that provides accurate calories from carbs, protein and lipids for each chosen food item.
- Provides students with a personal aspect that they could not receive in a classroom setting.
- Features endless amounts of exercises and workouts that the student can explore on their own.



Citations

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